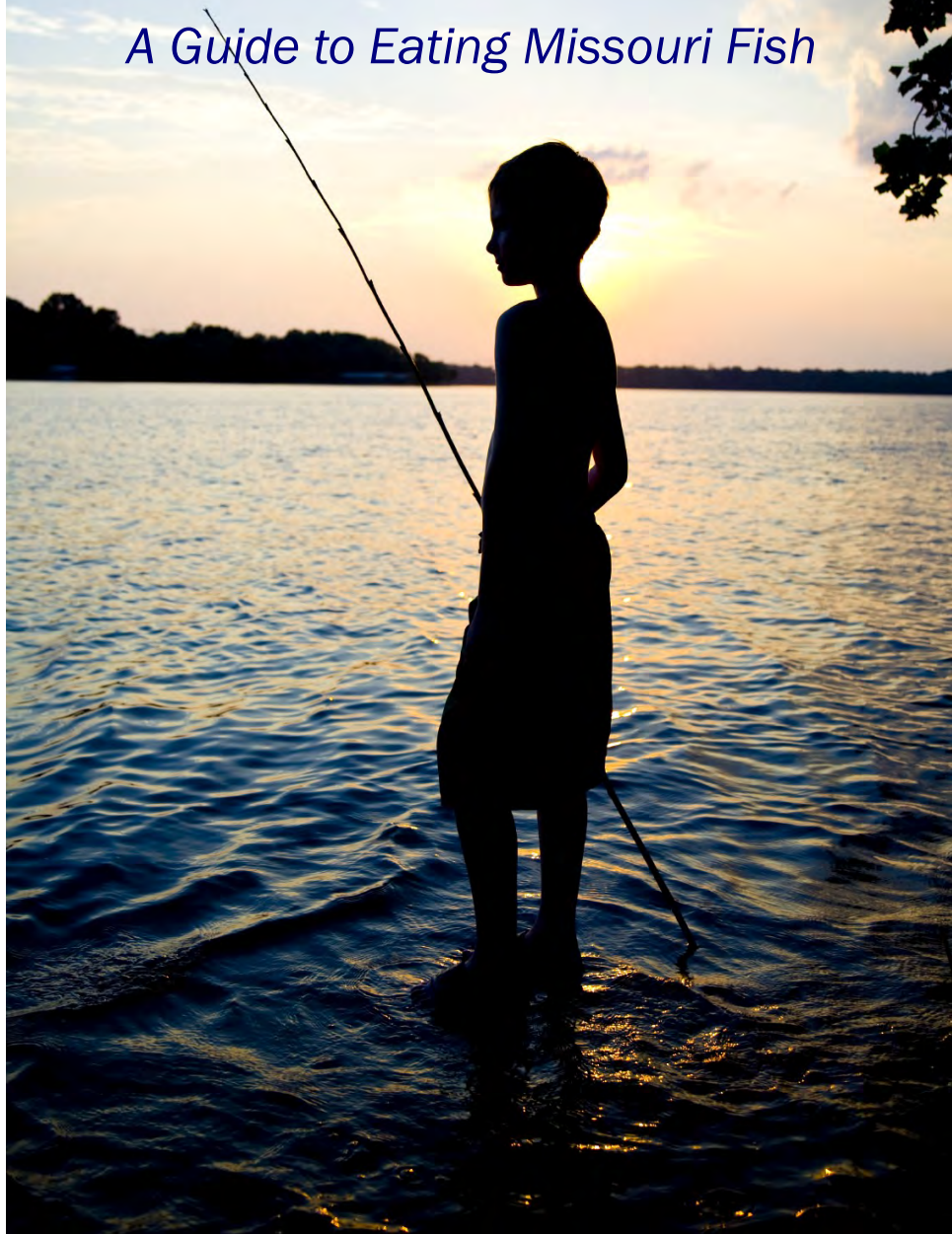


2013

MISSOURI FISH ADVISORY

A Guide to Eating Missouri Fish



WHAT'S INCLUDED?

- An Explanation of the Guide
- 2013 Fish Advisories & Maps
 - Healthy Recipes
- Trimming & Cooking Tips
 - How-To Fillet
- Terms & Definitions

THE GUIDE


This guide informs individuals of the benefits of eating fish, and which fish to eat in limited quantities or not to eat due to environmental contaminants. Fish is a good source of high-quality protein, “heart healthy” fatty acids, and essential nutrients that contribute to a healthy diet if eaten regularly. Fish is low in cholesterol. Some types of fish have omega-3 fatty acids that are essential in the development of the central nervous system and may be beneficial in reducing heart disease.

Annually, the Missouri Department of Health and Senior Services (DHSS) evaluates fish contaminant levels to make sure fish are safe to eat. All fish contain a small amount of chemical contaminants. **In most instances and for most people, the health benefits of eating fish outweigh the potential risks from contaminants.** However, there are occasions when limited or no consumption of certain fish is appropriate.

This guide is not intended to discourage you from eating fish; rather, it should help you make informed decisions about eating fish from Missouri’s numerous water bodies.



TABLE OF MISSOURI 2013 FISH ADVISORIES for Sensitive Populations

Advisory Population	Map Location	Species ²	Length (>) greater than	Serving Advice ¹ no more than:	Contaminant
<u>Sensitive Populations:</u> Pregnant women, women of childbearing age, nursing mothers, and children younger than age 13.	All United States water bodies	All fish	All sizes	1/week	Mercury
	Because all fish have various levels of mercury ³ , the EPA recommends that sensitive populations consume no more than one (1) fish meal per week, in the absence of a local advisory.				
	All Missouri water bodies	Large-mouth Bass, Spotted Bass, Small-mouth Bass, and Walleye	> 12"	1/ month	Mercury
	 Clearwater Lake in Reynolds County	White Bass	> 15"	1/ month	Mercury

DHSS bases the advisory on extensive, annual fish-tissue studies by Missouri Department of Conservation (MDC) and Missouri Department of Natural Resources (DNR) at various Missouri lakes, ponds, rivers and streams. DHSS uses the most recent science to develop reasonable, conservative consumption guidelines for Missouri.

TABLE OF MISSOURI 2013 FISH ADVISORIES for All Consumers

Map Location	Species ²	Length (>) greater than	Serving Advice ¹ no more than:	Contaminant
A Mississippi & Missouri Rivers	Shovelnose Sturgeon (excluding eggs)	All sizes	1/ month	PCBs, Chlordane, Mercury
	Sturgeon eggs	—	Do Not Eat	
	Flathead, Channel, Blue Catfish	> 17"	1/week	
	Common Carp	> 21"	1/week	
B Blue River from Minor Park to the Missouri River in Jackson County including Indian Creek up to Holmes Road	Common Carp, Channel Catfish	All sizes	1/ month	PCBs, Chlordane
C Turkey Creek near Highway "P" in Jasper County	Buffalo species	>21"	1/week	PCBs, Chlordane
D Simpson Park Lake at Simpson Park in St. Louis County	Buffalo species	> 16"	1/ month	Chlordane, Mercury, PCBs

TABLE OF MISSOURI 2013 FISH ADVISORIES for All Consumers (continued)

Map Location	Species ²	Length (>) greater than	Serving Advice ¹ no more than:	Contaminant
E Big River in St. Francois & Jefferson Counties	Sunfish ⁴ , Carp, Redhorse Suckers, & other types of suckers	All sizes	Do Not Eat	Lead
F Flat River in St. Francois County from Highway "B", to where it enters the Big River	Sunfish ⁴ , Carp, Redhorse Suckers, & other types of suckers	All sizes	Do Not Eat	Lead
G Big Creek near the town of Glover in Iron County	Sunfish ⁴ species	All sizes	Do Not Eat	Lead

Footnotes:

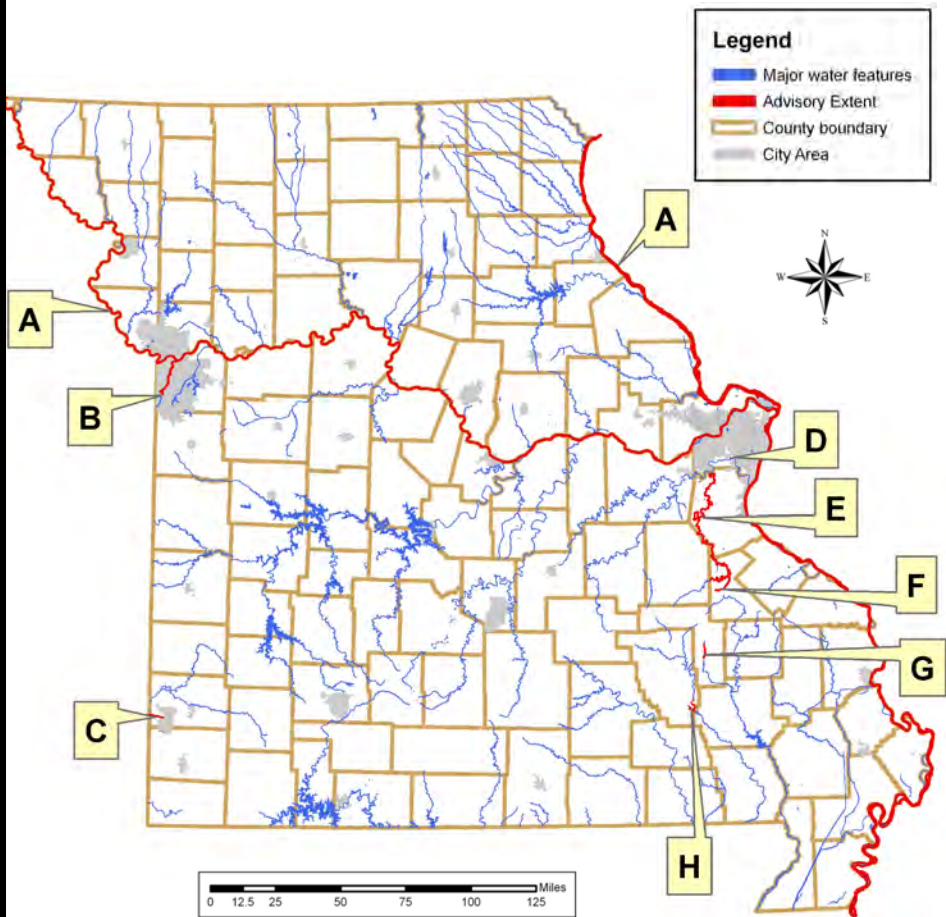
1—This advisory defines a meal as 8 ounces of uncooked fish for a 150-pound person and 3 ounces for a 40-pound child.

2 - To help identify fish species, see the Missouri Department of Conservation's (MDC) website at: mdc.mo.gov/fishing/regulations/fish-id-and-measuring.

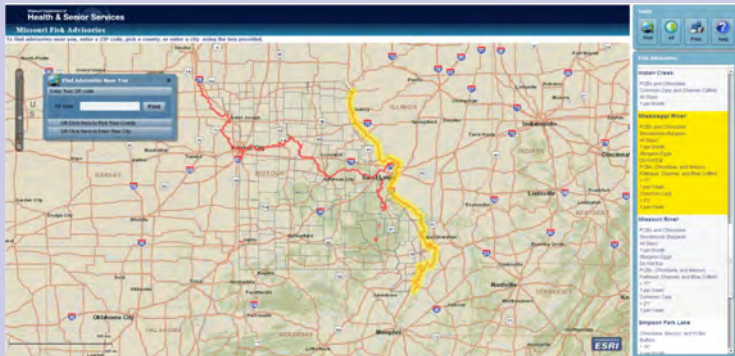
3 - As stated in the U.S. Environmental Protection Agency (EPA) *National Fish Advisory for Mercury*, in the absence of a local advisory, individuals in the sensitive populations should consume fish at rate of no more than one (1) fish meal per week. For more information go to: www.epa.gov/waterscience/fishadvice/1-meal-per-week.pdf

4 - Only five sunfish species are included in the Big River, Flat River and Big Creek advisories: longear sunfish, green sunfish, bluegill, warmouth, and rock bass.

Map of Missouri 2013 Fish Advisories



Please visit the Missouri Fish Advisory interactive mapping application at:
<http://gis.dhss.mo.gov/Website/FishAdvisory/FishAdvisory.html#>



Map Key for Local Missouri Fish Advisories

Map Location	Details
A	<u>Mississippi and Missouri Rivers: PCBs, Chlordane, and Mercury</u> Shovelnose Sturgeon - 1/Month Sturgeon Eggs - Do Not Eat Flathead, Channel, and Blue Catfish >17" - 1/Week Common Carp >21" - 1/Week
B	<u>Blue River (from Minor Park to the Missouri River in Jackson County including Indian Creek up to Holmes Rd.): PCBs and Chlordane</u> Common Carp and Channel Catfish of all sizes - 1/Month
C	<u>Turkey Creek (near Highway "P" in Jasper County): PCBs and Chlordane</u> Buffalo >21" - 1/Week
D	<u>Simpson Park Lake: Chlordane, Mercury, and PCBs</u> Buffalo >16" - 1/Month
E	<u>Big River: Lead</u> Sunfish*, Carp, and Suckers - Do Not Eat
F	<u>Flat River: Lead</u> Sunfish*, Carp, and Suckers - Do Not Eat
G	<u>Big Creek: Lead</u> Sunfish* - Do Not Eat
H	Clearwater Lake: Mercury White Bass >15" - 1/Month (for Sensitive Populations)

* Only 5 species in the sunfish family are included in the Big River, Flat River, and Big Creek advisories: Long-ear sunfish, green sunfish, bluegill, warmouth, and rock bass.

Statewide Advisories (for Sensitive Populations)

All Missouri Water Bodies: Mercury

Largemouth Bass, Smallmouth Bass, Spotted Bass, and Walleye >12" - 1/Month

All United States Water Bodies: Mercury

All fish of all sizes - 1/Week

HEALTH BENEFITS OF EATING FISH

Recent medical research indicates that both the young and old can have significant health benefits from eating fish. A well-balanced diet that includes a variety of fish and shellfish can contribute to heart health and children's proper growth and development. The American Heart Association recommends that individuals include fish in their diets due to evidence of a link between eating fish and a lowered risk of coronary heart disease death.

Fish is an important part of a healthy diet.

- Fish contain high-quality protein and other nutrients our bodies require.
- Fish are low in saturated fat and cholesterol.
- Fatty fish, such as salmon, herring and, to a lesser extent, tuna and trout, have high levels of omega-3 fatty acids which may:
 - ◆ lower cholesterol when substituted for saturated fatty acids such as those in meat;
 - ◆ improve learning ability in children;
 - ◆ decrease triglycerides;
 - ◆ lower blood pressure;
 - ◆ reduce blood clotting; and,
 - ◆ enhance immune function.



Healthier fish recipes can be found at: www.heart.org/HEARTORG, select Getting Healthy, Nutrition Center, Recipes.

HOW DO THE RECOMMENDATIONS MADE IN THE 2013 FISH ADVISORY COMPARE TO THOSE MADE BY THE AMERICAN HEART ASSOCIATION AND OTHERS?

The American Heart Association recommends eating at least two servings (3.5-ounces each) of fish a week.

This recommendation may seem different than the one fish meal per week recommendation in this advisory. However, the two recommendations are comparable. For instance, eating at least two, 3.5-ounce servings of baked or grilled fish each week is roughly equivalent to eating one, 8-ounce fish meal per week.

The American Heart Association recommends that individuals include fish in their diets.



WEB RESOURCES

- Visit our website at www.health.mo.gov/living/environment/fishadvisory/index.php for more information on fish advisories, or call us at 573-751-6102 or (toll-free) 866-628-9891.
- To help you identify fish species, see the Missouri Department of Conservation's (MDC) website at: mdc.mo.gov/fishing/regulations/fish-id-and-measuring

Trout with Skillet-Roasted Peppers

Ingredients:

- 1 tablespoon olive oil, divided use
- 2 medium poblano peppers, ribs and seeds discarded, thinly sliced
- 5 ounces grape tomatoes or cherry tomatoes, halved (about 1 cup)
- 1 medium garlic clove, minced
- 1 to 2 teaspoons balsamic vinegar
- 1/2 teaspoon salt, divided use
- 1/4 teaspoon pepper
- Paprika to taste
- 4 trout fillets or any other thin mild fish fillets (about 4 ounces each), rinsed and patted dry
- 1 medium lime, cut into 8 wedges

Cooking Instructions:

Heat a large nonstick skillet over medium-high heat. Add 1 teaspoon oil, swirling to coat the bottom. Cook the peppers for 4 to 6 minutes, or until beginning to richly brown on the edges, stirring frequently.

Gently stir in the tomatoes. Cook for 2 minutes, or until soft, stirring gently and frequently. Remove from the heat. Gently stir in the garlic, vinegar, and 1/4 teaspoon salt. Transfer to a small bowl. Cover to keep warm.



In the same skillet, heat the remaining 2 teaspoons oil over medium-high heat, swirling to coat the bottom. Sprinkle the pepper, paprika, and remaining 1/4 teaspoon salt over both sides of the fish. Cook for 3 minutes on each side, or until the fish flakes easily when tested with a fork. Transfer to a platter.

To serve, squeeze 4 lime wedges over the fish. Spoon the poblano mixture on top. Serve with the remaining lime wedges to squeeze over the poblano mixture if desired.

Oven Baked Fish & Chips



Ingredients:

- Canola or olive oil cooking spray
- 1 1/2 pounds russet potatoes, scrubbed and cut into 1/4-inch-thick wedges
- 4 teaspoons canola oil
- 1 1/2 teaspoons Cajun or Creole seasoning, divided
- 2 cups cornflakes
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 2 large egg whites, beaten
- 1 pound fresh fish fillets, cut into 4 portions

Cooking Instructions:

Position racks in upper and lower third of oven; preheat to 425°F. Coat a large baking sheet with cooking spray. Set a wire rack on another large baking sheet; coat with cooking spray.

Place potatoes in a colander. Thoroughly rinse with cold water, then pat dry completely with paper towels. Toss the potatoes, oil and 3/4 teaspoon Cajun (or Creole) seasoning in a large bowl. Spread on the baking sheet without the rack. Bake on the lower oven rack, turning every 10 minutes, until tender and golden, 30 to 35 minutes.

Meanwhile, coarsely grind cornflakes in a food processor or blender or crush in a sealable plastic bag. Transfer to a shallow dish. Place flour, the remaining 3/4 teaspoon Cajun (or Creole) seasoning and salt in another shallow dish and egg whites in a third shallow dish. Dredge fish in the flour mixture, dip it in egg white and then coat all sides with the ground cornflakes. Place on the prepared wire rack. Coat both sides of the breaded fish with cooking spray. Bake the fish on the upper oven rack until opaque in the center and the breading is golden brown and crisp, about 20 minutes.

Baked Herb Catfish

Ingredients:

- 2 tablespoons minced fresh parsley
- 1/2 teaspoon salt
- 3/4 teaspoon paprika
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon black pepper (substitute cayenne for extra kick)
- 4 catfish fillets (approximately 6 ounces each)
- 2 tablespoons lemon juice
- 1 tablespoon reduced-fat butter, melted
- 1 garlic clove, minced

Cooking Instructions:

In a small bowl, combine the parsley, salt, paprika, thyme, oregano, basil, and pepper; sprinkle over fillets on both sides. Place in a 9-in. x 13-in. baking dish that has been sprayed with non-stick cooking spray. Combine the lemon juice, butter and garlic; drizzle over fillets.

Bake, uncovered, at 350° F for 15-20 minutes or until the catfish flakes easily with a fork.



TRIMMING AND COOKING YOUR FISH TO REDUCE FAT AND CHEMICAL CONTAMINANTS



- Fillet your fish. Filleting is strongly recommended because removing bones, fatty tissues, and all internal organs will greatly reduce the levels of most contaminants in fish.
- Trim away fatty portions of the fish such as the dorsal, lateral, and belly area.
- Remove the skin from fish.
- Do not eat fish eggs. They are very high in fat and may contain contaminants that are associated with fatty tissue.

- Bake, grill, or broil fish on a rack and let the fat drip away. Do not use the juices. Avoid pan-frying in butter or animal fat, or making soups or chowders. These methods retain fat-laden juices.
- Do not reuse the oil if you deep-fry fish. Some contaminants will become concentrated in reused oil.
- Filleting, trimming fat, or special cooking methods will not reduce the mercury levels in fish, since mercury occurs throughout the fillet.
- Avoid canning, pickling, and grinding boney fish, like suckers and carp, taken from areas impacted by lead mining. Lead accumulates in fish bone at much higher concentrations than in other parts of fish. These preparation methods may increase the availability of lead stored in the bones of fish. Because boney fish have small, needle-like bones in their fillet that are difficult to remove, these preparation methods are commonly used to allow these fish to be eaten without removing the bones.

FILLETING YOUR CATCH

Filleting a bass, crappie or other sunfish is easy. It just takes a little practice.

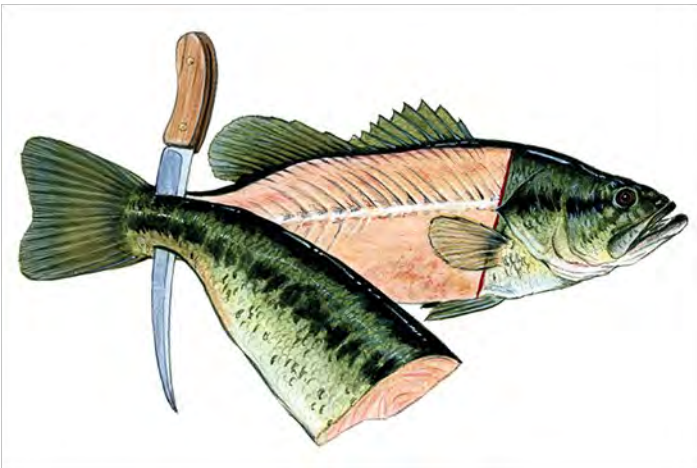
Gather these supplies:

- Long, sharp knife
- Bowl of water
- First-aid kit (just in case)

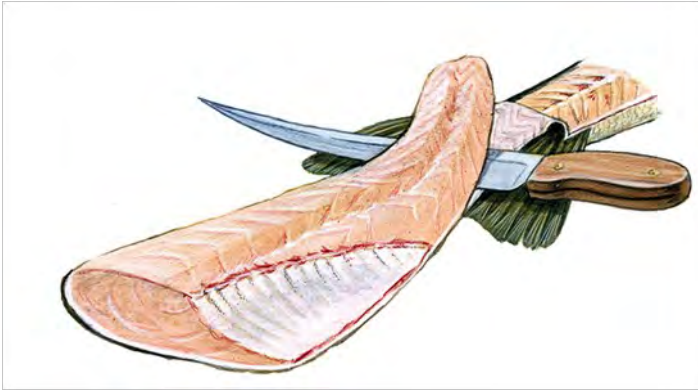
1. Wash the fish to remove as much slime as possible, then lay the fish on its side. Make a vertical cut just behind the gills. Cut gently until you feel the backbone. You don't want to cut through the bone, but you want to get as close to it as possible.



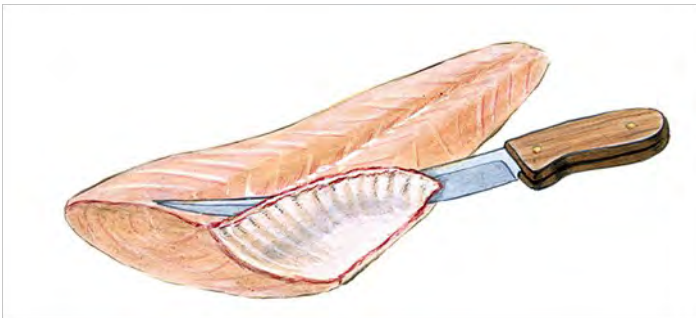
2. Hold the fish's head with your free hand. Slide the knife blade with a sawing motion along the backbone toward the tail. Stop slicing when you get half an inch from the tail fin.



3. Flip the freshly cut fillet over, then slice it off the flap of skin to which it's attached.



4. If there are patches of shiny gray connective tissue, slice them off. Drop the fillet in a bowl of water, flip the fish over, and repeat. In no time, you'll be having fish for dinner!



Warning:
*You'll be working with a sharp
knife and a slippery fish,
so be careful!*

These filleting tips are from the June/July 2012 issue of Xplor magazine, available online at:

<http://xplor.mdc.mo.gov/xplor/stuff-do/all-activities/fillet-fish>.

Advisory: Lead in Fishing Tackle

Lead can be harmful to individuals, especially children, when ingested or inhaled. Many of us do not have to look further than our tackle boxes to find lead. Items like sinkers, weights, shots, jig heads and weighted hooks are often made of lead. Improper use and handling of these items may result in lead entering your body. Protect yourself and your family by following these simple steps:

1. Replace the lead items in your tackle box with non-lead alternatives such as tin, bismuth, tungsten and ceramic. Look for these alternatives at locations where fishing tackle is sold.
2. If non-lead fishing tackle is not a viable option, you can still minimize your exposure by:
 - Never putting lead weights in your mouth! AND
 - Washing your hands before eating, drinking or putting them in or near your mouth.

Following these simple steps will help protect you and your family from the dangers of lead.

Special Advisory: **MELTING LEAD IS VERY DANGEROUS!**

Melting lead to cast sinkers should not be done at home. Lead fumes and lead dust can be released during this process and contaminate your home, garage, yard and clothes.



COMMERCIALLY PURCHASED FISH

**U.S. Environmental Protection Agency (EPA) and
Food and Drug Administration (FDA)**

Advice for Sensitive Populations

The following EPA and FDA recommendations are for women and young children.

1. Do not eat shark, swordfish, king mackerel, or tilefish.
2. Eat up to 12 ounces a week of a variety of fish and shellfish low in mercury.
 - Five commonly eaten commercial fish low in mercury are shrimp, canned light tuna, salmon, pollock and catfish.
 - Another commonly eaten fish, albacore (“white”) tuna, has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces of albacore tuna per week.

More information is available online at:
[water.epa.gov/scitech/swguidance/fishshellfish/
outreach/advice_index.cfm](http://water.epa.gov/scitech/swguidance/fishshellfish/outreach/advice_index.cfm)

GENERAL INFORMATION

GENERAL RULES TO FOLLOW:

Keep eating fish. Eat the smaller, legal-size fish and release the lunkers so they can fight another day. Smaller or younger fish tend to have lower levels of contaminants than older fish of the same species because younger fish consume smaller prey and have not lived as long to accumulate as many contaminants.

Fish in Missouri that typically have very low levels of mercury are trout, crappie (except those from Clearwater Lake), sunfish (except green sunfish), and suckers.

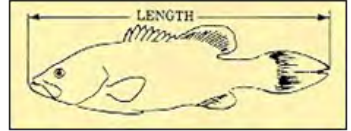


POSTED SIGNS:
If a fishing location has warning signs posted, follow them.

TERMS AND DEFINITIONS

SENSITIVE POPULATIONS: Because growth and development occur rapidly in young children, some chemicals may affect them differently than adults. Due to the potential risk mercury poses to the developing nervous system of fetuses and young children, special consideration is given to pregnant women, women of childbearing age, nursing mothers, and children younger than 13. These groups will be referred to as sensitive populations throughout this advisory.

FISH LENGTH: Fish are measured from the snout to the tip of the tail, as shown in the drawing.



MEAL SIZE: This advisory defines a meal as 8 ounces of uncooked fish for a 150-pound person and 3 ounces for a 40-pound child.



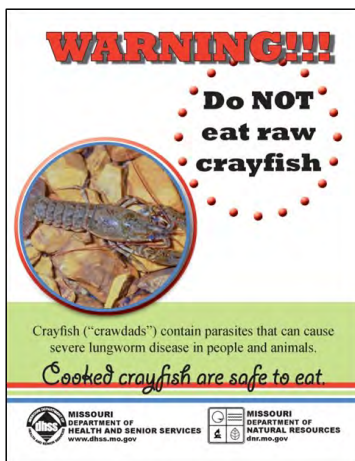
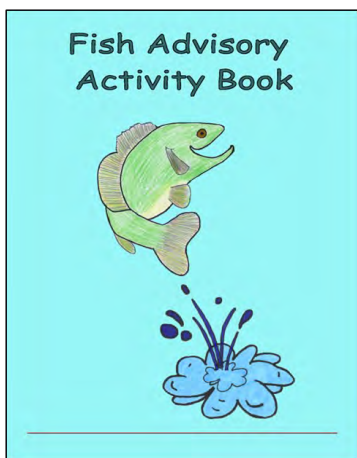
FISH PREPARATION: The chemical levels in some fish can be reduced by filleting the fish and carefully trimming away the fat when the fish is cleaned.

Some chemicals, like lead, concentrate in bones, while other chemicals, such as chlordane and PCBs, concentrate in fatty tissue. When fish is prepared by filleting and trimming away the fat, contaminants are minimized.

The meal advice in this advisory is based on these preparation techniques. Individuals may be exposed to higher chemical levels if they fail to follow these techniques. Filleting will not reduce the levels of some chemicals, such as mercury.

Missouri Department of Health and Senior Services (DHSS)
Bureau of Environmental Epidemiology (BEE)
P. O. Box 570
Jefferson City, Missouri 65102-0570
www.health.mo.gov
(573) 751-6102 or toll free (866) 628-9891

Visit the DHSS Fish Advisory website for additional information,
educational materials and kid activities at:
www.health.mo.gov/living/environment/fishadvisory/index.php



Missouri's Environmental Public Health Tracking (EPHT) Network
portal is available at:

<http://ephtn.dhss.mo.gov>

